



Sri Devaraj Urs Academy
of Higher Education and Research
(A Deemed to be University)
Sri Devaraj Urs Medical College
Tamaka, Kolar-563103



We cordially invite you to the CME on the
occasion of

International Women's Day

**“Resilient Hearts, Restless Minds:
Women's Mental Health
Reconsidered”**

**Venue: William Osler Hall
(1st floor, College Building, SDUMC)**

From 8:45AM to 12:45PM

On 7th March 2026

Organized by

DEPARTMENT OF PSYCHIATRY



Seeking Blessings of
Late Shri. R. L. JALAPPA
FOUNDER CHAIRMAN, SDUET

CHIEF PATRON

Shri. G. H. NAGARAJA
Hon'ble Chancellor, SDUAHER &
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Dr. PRABHAKAR K.
Dean FOM & Principal, SDUMC

DR. KRISHNAPPA J.
Medical Superintendent, RLJH & RC

Dr. VINUTHA SHANKAR M. S.
Vice-Principal, SDUMC

Women's Mental Health is a critical area of focus, as it addresses the unique psychological, emotional, and social challenges experienced by women across various stages of life. From adolescence through old age, women are vulnerable to distinct mental health concerns shaped by biological factors, gender roles, sociocultural expectations, and significant life events such as education, marriage, motherhood, caregiving responsibilities, and aging. Despite the substantial burden of mental health disorders among women, these issues frequently remain under-recognized, under-reported, and inadequately treated. Contributing factors include stigma, limited awareness, sociocultural barriers, and restricted access to mental health services. Addressing women's mental health through awareness, early identification, and appropriate intervention is essential for improving overall well-being, functioning, and quality of life.



PROGRAMME SCHEDULE

08:45 AM – 09:00 AM - Registration

09:00 AM – 09:45 AM

The Mind-Body Bridge

Dr. Vimarshitha P

Associate Professor, Dept. of OBG, SDUMC

09:45 AM – 10:30 AM

Psychological Resilience, Relapse & Recovery

Dr. Prakruthi N

Consultant Psychiatrist,

Tanumana Healthcare & Manipal hospital ,
Whitefield, Bangalore

10:30 AM – 11:00 AM

INAUGURATION

11:00 AM – 11:15 AM - Tea Break

11:15 AM – 12:00 PM

**Metabolism & Women's Mental Health :
The Do's & Don'ts In Psychotropic Practice**

Dr. Keya Das

Professor & HOD,

Department of Psychiatry, PESUMSR, Bangalore

12:00 PM – 12:45 PM

Trauma That Doesn't Leave Bruises

Dr. Veda N Shetageri

Professor, Dept. of Psychiatry,

East Point College of Medical Sciences and Research
Centre, Bidarahalli, Bangalore

12:45 PM – 01:45 PM

Lunch Break

02:00 PM onwards

Badminton League



Awaiting KMC credit points

**Kindly Pay Rs. 200 using the
below QR Code as registration fee**



**Kindly register using the below link
after the payment for the CME.**

<https://docs.google.com/forms/d/e/1FAIpQLSfnxjtMQ0p8IhvJ7iLaUTHRaRb08jogIKvIB3N7B-gkksFA/viewform?usp=header>

**KMC points will be credited to those who register
before 03/03/26 before 5PM**

Dr Ruth Sneha C

Organizing Chairperson,
Dept. of Psychiatry, SDUMC, SDUAHER

Dr Sahana S Murthy

Organizing Secretary
Dept. of Psychiatry, SDUMC, SDUAHER

Organizing Committee Members

1. Dr. Mohan Reddy M
2. Dr. Purushotham. A
3. Dr. Md. Kamran Chisty
4. Dr. Sharath A R
5. Dr. Afra Shaz
6. Dr. Stuti Mashru
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11. Dr. Anukriti Garg
12. Dr. Ayandeep Samanta
13. Dr. Srijeeta Ray
14. Dr. Praveen Motati
15. Dr. Varsha Srikanth
16. Dr. Roshini V
17. Dr. Nishita Avish Samdariya
18. Dr. Priya Adavalath

For any further details contact:

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ALL ARE WELCOME